Sports Injury Physio info@sports-injury-physio.com https://sports-injury-physio.com

Office Exercises S

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Notes: These exercises may not be right for you. Please consult a physiotherapist before you do any of them. Take a short break every 30 to 60 minutes and do 2 of the exercises. Rotate them during the day.

Neck side bending





Reps: 3L&R Hold: 10s

2 Trunk flexion/extension





Reps: 5F&E Tempo: Slow

Trunk side bending





Reps: 5L&R Tempo: Slow

4 Assisted trunk rotation





Reps: 5L&R Tempo: Slow

Wrist extension stretch





Reps: 3L&R Hold: 20s

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6 Wrist flexion stretch



Reps: 3L&R Hold: 20s

Quad stretch





Reps: 2L&R Hold: 20s

8 Pec stretch





Reps: 2L&R Hold: 20s